

# TIP OF THE SWORD

Aug. 6, 2004

Incirlik Air Base, Turkey



## Cleaning up

Team Incirlik clears the flightline



Gen. Robert "Doc" Foglesong, U.S. Air Forces in Europe commander, talks with Airmen before the ribbon cutting at "After Six," Incirlik's newest recreational facility. See related story, Page 4.

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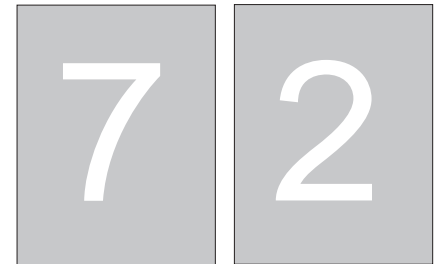
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**Staff Sgt. Eugene Taylor, AFN-Incirlik radio NCO, helps pick up foreign object debris July 30. Team Incirlik pulled together to clear the runway before it reopened. See related photo, Page 6. (Photo by Senior Airman Dallas Edwards.)**

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# Wherever you are, your vote counts

By Gen. Robert H. "Doc" Foglesong  
U.S. Air Forces in Europe Commander

The most important privilege our nation provides its citizens is freedom. Our nation was built on democratic principles and one of our cherished Constitutional Rights is the right of each American to vote.

Today our men and women are globally engaged to help bring freedom, including the right to vote, to people around the world. By registering and voting you honor your fellow Airmen, Soldiers, Sailors and Marines who are sacrificing their personal freedoms to provide this staple of democracy.

You also reaffirm the sacred value of this privilege to many who have yet to achieve it.

It is the right to vote that allows you to elect officials who reflect your views and will speak for you in government. Why would people choose not to exercise this right?

By not voting, you abdicate that right and responsibility of citizenship that has cost so many, so much to earn. You allow others, with whom you may not agree, to select our future leadership.

The laws and policies enacted today can, and often do, influence the long-term health of our nation. And it's our nation's future – yours and your children's – that should concern you today.

Take the time leading into the 2004 elections to register to vote and request your absentee ballot. The deadlines for completing and mailing a Federal Post Card Application or turning in a Federal Write-In Absentee Ballot are both fast approaching. Our goal is for everyone to complete and mail their applications before or during Armed Forces



Photo by Staff Sgt. Edward J. Braly

Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, and Chief Master Sgt. Gary Coleman, USAFE command chief, fill out their Federal Post Card Applications here July 30. The deadline for completing and mailing a Federal Post Card Application varies from state to state. Therefore, completed applications should be sent before or during Armed Forces Voters Week from Sept. 3 to 11, allowing for all applications to meet local deadlines.

Voters Week, Sept. 3 to 11, to allow applications to meet all deadlines.

America is the greatest democracy in the world. We owe it to ourselves and our great nation to get out and vote. I urge each and every one of you to make your voice heard.

I encourage you to take advantage of a privilege that people around the world continue to fight and die for – whether you are at a geographically separated unit, a one-deep special duty position or deployed in support of an Air Expeditionary Force rotation – no matter where you are, your vote counts!

## Pride shines throughout the command

By Gen. Robert H. "Doc" Foglesong  
U.S. Air Forces in Europe Commander

**RAMSTEIN AIRBASE, Germany**—The 'outer cover' of the U.S. Air Forces in Europe speaks volumes of the content inside. The appearance of our installations gives testimony to the incredible people within, routinely performing critical, complex missions, every hour of every day.

Combat Proud, one of our 14 Combat and Special Interest Programs, was established in August 2003 to foster pride and productivity, improve the appearance of our bases, and ensure our long-term force protection posture.

Everyone should be proud of the efforts we've put into improving the appearance of the installations across the command, from removing hundreds of temporary containers that cluttered the landscape to demolishing old, unneeded facilities. These efforts make way for an improved quality of life standard – a level we all deserve.

All USAFE bases have worked hard to make their installations a better place to live, work and play. The command-wide effort culminated in an evaluation of our seven main operating bases by

a four-person team led by Brig. Gen. Rusty Findley, USAFE Plans and Programs director.

A similar evaluation of six of our geographically separated units is scheduled to be completed in August. The program has been very successful in giving USAFE main installations and GSUs an overdue facelift.

Everyone should be proud of the efforts we've put into improving the appearance of each of the installations across the command.

We've come a long way and accomplished a great deal over the last year, but there's still more that can be done to improve the quality of life for our hardworking professionals and our families.

It's time to take Combat Proud to the next level and begin to focus on improving facility interiors while continuing our efforts on overall base appearance.

Several locations have already begun this process, using the exceptional skills and talents of our people to revitalize facility interiors through the Self-Help Program.

I encourage everyone to take the next step and continue to play an active role by improving the places we live and work.

### The 2004 Combat Proud Base Appearance Competition inspections complete

#### The winners are:

- ♦ **Overall Base Appearance:**  
Royal Air Force Lakenheath, England
- ♦ **Overall Base Appearance Runner Up:**  
Ramstein Air Base, Germany
- ♦ **Enhancement Award Winner:**  
Incirlik Air Base, Turkey
- ♦ **Self-Help Award Winner:**  
Lajes Field, Azores

RAF Lakenheath was awarded \$100,000 for its first place finish. The other category winners will receive \$50,000 each. The award funds will be used to support readiness, quality of life and services as per the guidance provided by Gen. Robert H. "Doc" Foglesong, USAFE commander.



# AFTER 6

## Incirlik launches state-of-the-art entertainment facility

By Staff Sgt. Elaine Aviles  
39th Air Base Wing Public Affairs

Incirlik launched its newest entertainment facility during an energetic ribbon-cutting ceremony Aug. 2.

Droves of base people gathered for the grand opening of the "After Six," an innovative facility featuring high-tech games, state-of-the-art sound and light systems, wide-screen televisions, around-the-clock movies and tournaments.

"This is all about you," said Gen. Robert "Doc" Foglesong, U.S. Air Forces in Europe commander, who flew in for the grand opening. "It's a place where you can relax and have fun."

The Power Plant Project is a maturing initiative designed by Airmen, for Airmen. This concept is an opportunity for younger Airmen throughout the command to get involved and help establish facilities with programs and activities they want. Incirlik named its own unique place After 6.

"We have Airmen throughout the Air Force, especially in Europe, who are excited and focused on their jobs," General Foglesong said. "We wanted to take some of that focus and ask them what they want in a recreational facility and give them what they envisioned. After Six and similar facilities throughout USAFE are the result of that."

The command allocated \$150,000 to Incirlik for the state-of-the-art facility and put the onus on Incirlik Airmen to custom-build the recreational facility of their dreams.

"They wanted to give something that Airmen could call their own," said Airman 1st Class James Randle, Airmen Committed to Excellence president. "They sent two of our ACE members to Spangdahlem (Air Base, Germany) to check out its new community activity center, called the Brick House."

Upon their return, the Airmen formed a local committee of ACE members and brainstormed ideas for a fun, high-tech center.

"We had a lot of ideas," Airman Randle said. "We definitely wanted a dance floor, DJ booth, movies and video games capable of multiple players. We even were asked to come up with the name."

Working with 39th Services Squadron and other base organizations, the facility grew from an idea to a multi-functional center offering another option for on-base entertainment.



Photo by Senior Airman James Seymore III

Gen. Robert "Doc" Foglesong, U.S. Air Forces in Europe commander, talks with Airmen before the ribbon cutting at "After Six," Incirlik's newest recreational facility built thanks to Project Power Plant. The Power Plant Project is a maturing initiative designed by Airmen, for Airmen. This concept is an opportunity for younger Airmen throughout the command to get involved and help establish facilities with programs and activities they want.

"I think it will pump tremendous energy into the base," said Vic Hayes, 39th SVS family member programs flight chief.

"It's awesome," said Airman 1st Class Michael Robinson, 39th Security Forces Squadron member who attended the grand opening. "It's really well equipped. You don't commonly see plasma TVs. It's much more advanced than I thought it would be."

Initially seen as a project targeting single Airmen, Mr. Hayes said the expectation now is everyone will use it.

"The entire base will benefit from this project," he said.

General Foglesong said that is definitely the goal.

"I'm really pleased all around the command, especially at Incirlik, at the energy, enthusiasm and excitement I see from our Airmen," he said. "It's amazing what they can accomplish when they sit down and decide what they want to do. This is a great day at Incirlik."

## Obstetrical deliveries temporarily suspended in Adana

By Capt. Rickardo Bodden  
39th Air Base Wing Public Affairs

The U.S. Air Forces in Europe command surgeon directed all obstetrical deliveries be temporarily suspended in Adana as a result of a USAFE staff assistant visit conducted here in July.

As a result, starting this week, the 39th Medical Squadron is medically advising all OB patients be sent to medical facilities at Spandahlem Air Base, Germany.

Mothers with high-risk pregnancies will continue to be taken to the U.S. military hospital in Landstuhl, Germany, in accordance with normal command procedures. Expectant women who are within four weeks of their delivery date were immediately medically evacu-

ated to Germany. Under normal circumstances, expectant women will be evacuated approximately five weeks in advance of their due date.

The USAFE command surgeon based his decision on a quality assurance site visit that identified specific measures required in order to bring obstetrical care up to appropriate standards. The 39th MDS is discussing corrective measures with the Turkish civilian hospital and intends to resume deliveries at the hospital once these measures are accomplished.

"(The staff assistance visit) did exactly what it was supposed to. It identified areas for us to address for improvement," said Lt. Col. John Chitwood, 39th Medical Squadron commander.

"We are doing this with the medical interest of the mom and child at heart. The situa-

tion may be difficult and inconvenient for people, but the real thrust of this issue is to get the best medical care for mom and child," said Colonel Chitwood. "The entire 39th MDS remains dedicated to providing all our customers the best quality of medical care available."

While OB services are temporarily suspended, other medical care remains available in Adana.

The 39th MDS will have a Medical Town Hall meeting Monday at 4:30 p.m. at the base theater. The USAFE command surgeon and 39th MDS executive staff will be available to answer questions regarding medical care.

For more information, people should visit or call their primary care managers, or contact any member of the 39th MDS executive staff.

# Incirlik cable expands with new channels

American Forces Network-Incirlik will expand channels offered through the Incirlik Base Cable System.

Viewers will see two new channels and greater programming selection Wednesday.

AFN-I expands its service to include two new channels with the start of the Olympic Games in Athens, Greece. The new channels are AFN-Family and AFN-Movie.

AFN-I plans to revamp AFN-Spectrum, making it the place for educational and syndicated shows.

The two new AFN channels will debut with full-time Olympics coverage. The Olympics run Wednesday through Aug. 29.

AFN will carry more than 600 hours of Olympic events. NBC and its sister networks, MSNBC, CNBC, USA and Bravo, plan to provide around-the-clock coverage, which will add up to more than 1,200 hours by Aug. 29.

"We will have the new channels to put the expanded Olympic's coverage on," said Master Sgt. Larry Schneck, AFN-I detachment chief.

AFN-I's Atlantic Channel will offer all events carried on NBC.

AFN-Sports will air coverage from the USA Network. AFN-Movie will bring events from MSNBC and CNBC, and AFN-Family will show delayed coverage of earlier events on Bravo.

Weekdays during the Olympics, AFN-I plans to shift its local newscast, the Incirlik Nightly News, from 7:55 to 7:25 p.m. The local news appears during the AFN Evening News, which will show a half-hour earlier.

The evening prime time lineup (8 to 11 p.m.)

## This is a proposed channel lineup starting Wednesday.

Channel 2 – AFN Prime Atlantic

Channel 3 – AFN Spectrum

Channel 4 – AFN Prime Pacific

Channel 5 – AFN News

Channel 6 – AFN Korea

Channel 7 – AFN Program Guide (Audio: Power Network)

Channel 8 – The Pentagon Channel

Channel 9 – AFN Family

Channel 10 – AFN Movie

Channel 11 – AFN Sports

Channel 12 – To be determined

Channel 13 – Commander's Channel (Audio: AFN-Incirlik)

Channel 14 – AMC Channel (Audio: Country)

Channel 15 – 3 Angels Broadcasting Network (3ABN)

Channel 16 – Eternal Word Television Network (EWTN)

regularly seen on AFN-Atlantic will temporarily shift to AFN-Spectrum, Channel 4.

AFN-I intends to provide further details on the AFN Web site, [www.myafn.net](http://www.myafn.net), outlining the changes planned for AFN-Spectrum as well as specific programming details relating to the two new AFN channels.

"AFN will promote like crazy what we will be doing," said Sergeant Schneck. (*Courtesy of AFN-I.*)



IN  
BRIEF

## Change of command

The 39th Medical Squadron change of command ceremony is Tuesday. The medical facility will remain open with limited staffing in the morning. Full services will resume at 1 p.m. For more information, call Capt. Raul Viray, 39th MDS chief information officer, at 6-8794 or 1st Lt. Franklin Porcil Franklin, 39th MDS registered nurse, at 6-6706.

## Traffic management flight closure

The traffic management offices in buildings 833, 430 and 118 are closed today from noon to 4:30 p.m. For passenger or personal property emergencies, call 0532-233-9507, or cargo emergencies at 0533-717-6352. For more information, call Tech. Sgt. Kevin Gunter, 39th Logistics Readiness Squadron, at 6-6520.

## Line badges

For those requiring signed line badges to access the flightline, the badges are signed Tuesdays, Wednesdays and Thursdays from 8 to 9 a.m. For more information, call Master Sgt. Kenneth Brooks, 39th Operations Squadron Weather Flight assistant NCO in charge, at 6-6880.

## WAPS study list available

Promotion-eligible enlisted members can now find which materials to study for the 2005 testing cycles. The most current Weighted Airman Promotion System Catalog, which lists the materials used by test writers to develop the 2005 promotion tests, is now available on the Air Force Personnel Center Web site at <http://www.afpc.randolph.af.mil/testing>.

The catalog lists study references for those testing for staff through chief master sergeant. Air Force Institute for Advanced Distributed Learning will ship Career Development Course study material in September for people testing for staff, technical and master sergeant. If CDCs are not received by November, Airmen should contact their unit WAPS monitor to initiate follow-up actions. Test administration dates for chief master sergeants is Sept. 7 to 10; senior master sergeants from Dec. 6 to 17, technical and master sergeants from Feb. 15 to March 31, and staff sergeants from May 1 to 31.



# Top Air Force legal counsel visits base

## Walker discusses morale, ongoing battle against sexual assault and her role

**By Staff Sgt. Elaine Aviles**  
39th Air Base Wing Public Affairs

The Air Force's top legal authority discussed morale, the ongoing battle against sexual assault and her role during a visit here Monday.

Mary Walker, the Air Force's general counsel, chief legal officer and chief ethics official, accompanied Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, here while on a whirlwind tour of USAFE bases.

"It's great to accompany a senior commander and get his insights," Miss Walker said. "It was a long-awaited trip.

"When issues come up, it's important for me to have a visual, on-the-ground perspective," she said. "That's a key reason for my visit here. I wanted to see the facilities and meet the Airmen accomplishing the mission."

Miss Walker's position puts her at the forefront of the Air Force legal team. She provides oversight, guidance and direction for more than 1,600 Air Force and civilian lawyers worldwide.

"I'm the senior leader of the Air Force legal area, providing advice to the secretary, chief, senior civilians and military leadership on a variety of legal matters," she said.

In the past year, a legal matter that has gained prominence and attention in the public's eye is sexual assault in the military.

"Sexual assault is an issue of real importance," she said. "We wrestled with it at the Air Force Academy, and are finding that the issues affecting 18- to 21-year-olds are common at other facilities, too.

"In our report, a common finding was the influence of alcohol in existing relationships in assault scenarios," she added.

Training is key to deterrence, Miss Walker said.

"We have to train our young Airmen to be responsible," Miss Walker said. "They need to take command of their own lives. When alcohol is involved, they have to drink responsibly.

"A lot of Air Force training is geared toward understanding why assault happens," she added. "And, when we can't deter, we have to focus on responding appropriately with an investigation and victim care."

Miss Walker said she is pleased with the Air Force's attention to an important issue.

"We're getting an incredible response at wing level," she said. "Commanders are putting the message out in creative ways, such as videos and straight talks. They are doing a fantastic job."

Overall, Miss Walker said she likes what she is seeing, both in USAFE and other commands.

"Morale is really great," she said. "The folks I've talked to are really focused and committed to their work. Many young people are serving in places where they're not able to get out into the community or enjoy the same services. But, they're still energetic and are ensuring the mission gets done. I care very much about the Air Force family and really appreciate what you do."



Photo by Senior Airman Dallas Edwards

### FOD walk

Lt. Col. Eligah Hanks Jr., 39th Communications Squadron commander, and Master Sgt. Dennis Wingett, 39th CS first sergeant, participate in the base FOD walk. Team Incirlik came together to pick up foreign object debris before the runway opened July 30.



# LRS #1 dominates SFS #2, 20-2

By Staff Sgt. Shanda De Anda  
39th Air Base Wing Public Affairs

The 39th Logistics Readiness Squadron #1 team defeated the 39th Security Forces Squadron #2 team 20-2 Tuesday during one of the final games of the regular softball season before playoffs started Thursday.

LRS #1 was unstoppable at the plate as Patrick Wickam, LRS #1 first baseman, went 4 for 4 to lead the scoring.

"Our greatest attribute as a team is experience. We have a mature team with a lot of players that have been playing for a few years," said Danny Turner, LRS #1 pitcher. "Although we are a coherent team, we need to work on keeping focused on what we need to do while on the field playing defense."

SFS #2 made an attempt to come from behind, but lost hope after not putting any runs on the board after the second inning.



Rayneiro Saavedra, SFS #2 shortstop, drops one in to right field during Tuesday's softball game against LRS #1.

LRS #1 advances to the double elimination of the playoffs and play their first game Aug 9. SFS #2 advanced to the single-elimination bracket.

"With the playoffs approaching, I feel pretty confident that our team will do well," Turner said. "There are some teams that we haven't had the chance to play too many times, so it should be a good tournament."



Photos by Senior Airmen James Seymore III  
Jeffrey Thomas, LRS #1 second baseman, kicks up dust after hitting a double.

## Softball Playoffs

Softball playoffs are currently scheduled for Monday through Thursday and Aug. 16 to 18. Games are played in Field 1 near Arkadas Park. For more information about upcoming games, please call the fitness center at 6-6086.

## Tips to avoid softball injuries

In the United States, more than 27 million people ages 15 through adult participate in organized softball and baseball leagues.

Annually, about 8 percent, more than 2 million, of adult players sustain injuries. Many of these injuries are preventable. Tips to help avoid injuries include:

- ◆ Before starting a softball training pro-

gram, see a doctor for a physical exam. The doctor can help assess individual risks

- ◆ Wear all required safety gear during practice and games.

- ◆ Warm up and stretch before playing.

- ◆ Pitchers are encouraged to take rest periods to avoid over-use injuries.

- ◆ Have a first-aid kit available during games and practice.

For more information, call the Health and Wellness Center at 6-8256. (*Information contributed from the American Academy of Orthopedic Surgeons Web site at [www.aaos.org](http://www.aaos.org)*)



ON  
DECK

SPORTS & FITNESS

**Bike maintenance** — Outdoor recreation offers bicycle maintenance and repair from basic tune-up to parts replacement. For more information, call 6-6044.

**Belly dancing** — People can learn belly dancing Tuesdays and Thursdays from 5:30 to 6:30 p.m. For more information, call 6-6966.

**Water aerobics** — Water aerobics classes are offered Mondays, Wednesdays and Fridays from 6 to 7 p.m. Cost is \$30 per month. For more information, call 6-6044.

**Lapswim** — Early morning lap swim is Mondays through Fridays from 6 to 7 a.m. at the base pool. For more information, call 6-3442.

**Skeet and trap shooting** — Outdoor recreation offers skeet and trap shooting Tuesdays through Fridays by appointment. Open shooting begins Saturdays at 9 a.m. Cost is \$10, and includes shells and clays. For more information, call 6-6044.

**Combat Hapkido** — The fitness center sponsors Combat Hapkido Mondays and Wednesdays at 7:45 p.m. and Fridays at 6:30 p.m. For more information, call 6-6086.

**Scuba course** — Outdoor recreation offers a scuba course, which includes training and Professional Association of Diving Instructors certification. Water training is provided in an indoor pool, plus four open water dives in Kizkalesi. Cost is \$250. For more information, call Yasar Karalar, scuba instructor, at 6-6044 or e-mail [incirlikdiving@yahoo.com](mailto:incirlikdiving@yahoo.com).

**Massage therapy** — The fitness center has two licensed massage therapists on staff. People can schedule an appointment Mondays through Sundays between 10 a.m. and 8 p.m. For more information, call 6-6086.

**Extreme Summer points** — People can earn Extreme Summer points by submitting a FitPoints report. The report is at the FitLinxx Web site at [www.incirlik.fitlinxx.com](http://www.incirlik.fitlinxx.com) under "Workouts." For more information, call the fitness center at 6-6086.

# COMMANDER'S COMMENTS



By Col. Michael Gardiner, 39th Air Base Wing commander

## Stepin' up

Congratulations to our newest promotee. **Tech. Sgt. Maurice Robinson**, 39th Security Forces Squadron was recently promoted under the stripes for exceptional performers (STEP) program. Keep up the good work!

## Promotions

### Officer promotions

- ♦ Promoted to major: **Michael Miller**, 39th Civil Engineer Squadron
- ♦ Promoted to captain: **Christopher Schmuke**, 39th Comptroller Flight

### Enlisted promotions

- ♦ Promoted to senior master sergeant: **Rene Guionnaud**, 39th Logistics Readiness Squadron; and **David Lamm**, AT/FP Ankara
- ♦ Promoted to master sergeant: **Cleve Molette**, 39th Mission Support Squadron; and **Ronald Peak**, 39th CPTS.

# Action Line caller expresses concern about base shuttles

**Concern:** I have a concern in reference to the (former) Policy Letter 16, Family Members Riding Base Shuttles. My concern is the base shuttle bus is not used by the dependent teenage population as it is intended: to get from point A to point B.

The policy letter states unaccompanied children under the age of 18 must sit in the first available seats in the front of the bus, excluding the first row.

I have witnessed first-hand that this is not enforced. In fact, quite the contrary is happening. There is inappropriate behavior, such as standing and running around on the bus. The shuttle bus is used as an unsupervised hang out, as the bus driver has no authority to tell them to get off or how to behave.

Something needs to be done at a higher level, perhaps a change in the policy letter. Otherwise this will continue, and it doesn't seem fair to those who want to ride the bus and use it as it is intended.

**Response:** I agree that this is a problem and you are right, the bus driver has limited options. We have developed writ-

ten instructions for the bus driver and dispatcher in Turkish providing a detailed plan of action.

As stated in the previous Family Members Riding Base Shuttles Policy, security forces are notified when passengers fail to comply with the instruction of the policy letter.

The plan requires drivers to post a sign with the seating arrangement rules inside their shuttle bus. The driver will ask passengers who do not comply to please read the sign. If they refuse to comply, the driver will notify dispatch by radio of the problem.

The dispatcher will notify security forces of the route of the shuttle bus and ask that they respond.

For more information, call William Kicklighter, 39th Logistics Readiness Squadron vehicle management manager, at 6-3115, or Tech. Sgt. Matthew Sanders, 39th LRS vehicle maintenance quality assurance evaluator chief, at 6-3425.

— **Col. Michael Gardiner**  
39th Air Base Wing commander  
(action.line@incirlik.af.mil/6-6060)

- ♦ Promoted to technical sergeant: **James Baum**, 39th Medical Squadron; **Jewell Scates**, 728th Air Mobility Squadron; and **Nicole Thivierge**, 39th MDS
- ♦ Promoted to staff sergeant: **Kelly Gibson**, 39th Logistics Readiness Squadron; **Danielle McFadden**, 39th MDS; **Joseph Menendez**, 39th Operations Squadron; **Joseph Rodarme**, 728th AMS; **Stefano Sandry**, 39th Services Squadron; **Amanda Templeton**, 39th MDS; **James Thomas**, 39th Communications Squadron; and **Consuella Watson**, 39th LRS.

## Consumer Confidence report

Under the "Consumer Confidence Reporting Rule" of the Federal Safe Drinking Water Act, community water systems are required to report water quality information to the consuming public. This report presents information on the source of our water, its constituents and the health risks associated with any contaminants. The report is now posted on the Source at <http://source/39ABW/39MDS/new%20source/Bio/Incirlik2003ccr.doc>.

## UCI inspection

Remember, when preparing for the upcoming inspection, there is nothing gained by covering up problems you find during self inspections. Don't hide bad news!

## Eagle Eyes

Anyone attempting to gain information by mail, fax, telephone or in person about military people or operations is eliciting information. Report elicitation or any other suspicious activity to the law enforcement desk at 6-3200.

## 10 things to do to help ensure your absentee vote is counted

1. Start by contacting the voting assistance officer or calling 6-VOTE for help in absentee registration and voting.
2. Visit the Federal Voting Assistance Program's Web site at [www.fvap.gov](http://www.fvap.gov) for information on the absentee registration and voting process.
3. Ensure you applied for your absentee ballot using the hard copy or on-line versions of the Federal Post Card application.
4. Make sure your local election official has your current mailing address.
5. Sign and date all election materials.
6. Fulfill your state's witness or notary requirements (if required).
7. Ensure your ballot or FPCA is postmarked.
8. Register to vote and request your ballot in a timely manner – not later than September.
9. VOTE – mail your ballot not later than Oct. 15.
10. Use the Federal Write In Absentee Ballot if you are overseas and your state absentee ballot does not arrive in time to be mailed back by the state's deadline.





## Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

### Local drinks

**Question:** Mehmet, I have been here for about six months. In addition to delicious Turkish food, I have observed very different Turkish drinks, such as the ayran and a very salty red drink. What are they made of? Also, I saw a man carrying a big jar on his back in Adana. It looks something like an upside chandelier strapped to his back with a big bulb-like container at the base. He seems to be selling some sort of drink that reminds me of ice tea? Is ice tea common in Turkey?

**Response:** I think every country has its own unique food and drinks. Let us leave the unique Turkish food alone for now and talk about the drinks.

#### Ayran:

Ayran, pronounced as I-run, is the most common drink throughout the country. Ayran is simply a yoghurt drink; water is stirred into yoghurt. Depending on your taste, you can add salt. During hot summer days, ice cubes are added or it is kept in refrigerators. Ayran is mostly served when borek, a pastry type food, is eaten.

Although I noticed some Americans do not like ayran, I have not seen any Turkish national refuse it. That is probably coming from the nature of yoghurt. The Turks founded yoghurt and introduced it to the rest of the world. Turks use yogurt in their kitchen in numerous dishes. In recent years, yoghurt has become popular in the western world, especially yogurt mixed with fruit. But, plain yoghurt keeps its popularity among the Turks.

#### Salgam:

The red drink you mention is called salgam, pronounced shal-gum. It is best described as pickled turnips. Salgam is originally a local drink from Adana. It is a winter drink, but it can be found throughout the year now.

About 40 years ago, salgam was prepared in huge clay jars. The jar is filled with water, and sliced turnips and salt are added. Grits are added for fermentation. The last things added to the jar are sliced carrots. Normally,



Courtesy photo

A man sells tea in the streets of Adana. There are many local drinks the Turkish people enjoy.

### The legend behind yoghurt

Legend tells that yoghurt and Kefir were born on the slopes of Mount Elbrus in the Caucasus range of mountains, between the Black and Caspian seas in Turkey. On the hot southern slopes, a pitcher of milk belonging to a Turkish nomad was contaminated by a mixture of organisms that thrived in the warm milk. The result was what the Turks call "yogurt." The name "yogurt" was introduced in the 8th century and was changed in the 11th century to the current version "yoghurt." Legend suggests yoghurt can act as a preservative against human aging, however no scientific evidence actually supports this theory. Undoubtedly a regular intake of the organisms found in yoghurt can have a beneficial affect to the digestive tract.

the color of a carrot is orange. But the color of the carrot used for salgam is black. It is called a black carrot, but is really a very dark maroon. In fact, the black carrot gives the color of salgam. All the ingredients are kept in the jar for about 10 to 15 days without opening the lid of the jar.

To tell you the truth, we cannot find the real taste of salgam anymore, because salgam is produced and stored in plastic containers with chemicals used to shorten the fermentation period.

#### Aslama:

The ice tea drink you mention is called aslama, pronounced as ahsh-lah-mah. You can find that drink only in summer. It is a local drink always served cold. It is a beverage obtained from the roots of a licorice plant.

The roots are put in water and soaked for a while, which gives the water color and a distinct flavor.

It is believed drinking aslama is good for getting rid of kidney stones.

When you first drink it, you might hate it, but soon you get use to it and even addicted.

## In Turkish

**icecek - drink**  
(ee-che-jack)

**kok - root**  
(koek)

**havuc - carrot**  
(hah-wouch)

**tuz - salt**  
(touz)

**seker - sugar**  
(sheh-kher)

*Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail [mehmet.birbiri@incirlik.af.mil](mailto:mehmet.birbiri@incirlik.af.mil).*

# THE INCIRLIK GUIDE

## Today

**APHA meeting** — Asian Pacific Heritage Association hosts a monthly potluck meeting at the Incirlik Elementary School at 6 p.m. For more information, call Tech. Sgt. Keo Mills at 6-3514.

## Wednesday

**Incirlik Club Focus Group** — The Incirlik Club Focus Group meets in the Piper Lounge at the club. For more information, call services marketing at 6-8412.

## Upcoming

**Memphis Gold** — The Department of Defense hosts Memphis Gold Aug. 13 at 9 p.m. in the club ballroom. Memphis Gold plays a soulful combo and Beale Street Blues with guest Charlie Sayles. For more information, call the club at 6-6010.

**AFSA** — The Air Force Sergeants Association hosts a membership drive and fundraiser Aug. 14 from 11 a.m. to 5 p.m. at the main exchange entrance. For more information, call Staff Sgt. Adena Eberhardt at 6-1164.

**Senior NCO induction** — The senior NCO induction ceremony is Aug. 27 at the club. The guest speaker is Chief Master Sgt. Gary Coleman, U.S. Air Forces in Europe command chief. Social hour begins at 6:30 p.m. and dinner begins at 7 p.m. For more information, call Master Sgt. Elton Hudson or Mas-

ter Sgt. Trae King at 6-1464.

## Ongoing

**SVS Intro Day** — The 39th Services Squadron offers an intro day to newcomers starting in August. The intro includes breakfast, a services fair, a tour of the base and a trip to Adana. For more information, call Vic Hayes at 6-6679.

**School registration** — The high school office is open for registration Mondays through Fridays from 9 a.m. to 2 p.m. Students in grades seventh through 12th can be registered at this office. For more information, call Tefvik Esberk at 6-6330.

**New youth skate club** — The club teaches new techniques and is open to children ages 10 through 18. Adult volunteers are also needed. For more information, call the youth center at 6-6670 or 6-3263.

**ITT hours** — Information, Ticket and Tours is located in the club complex. Their hours are Tuesdays through Saturdays from 9:30 a.m. to 8 p.m. and Sundays from 9:30 a.m. to 2 p.m. For more information, call 6-6049.

**Participate in Extreme Summer, win prizes** — Earn points for participating in events and programs at base facilities for chances to win \$150,000 in prizes at [www.extremesummer.com](http://www.extremesummer.com). For more information, call Jean Best-Richardson at 6-8411.

**Conversational Turkish** — The community center sponsors a conversational Turkish class Mondays and Wednesdays from 6 to 8 p.m. For more information, call the family support center at 6-6966.

Combat Education is a U.S. Air Forces in Europe combat program which helps remove barriers to allow Airmen to pursue advanced education. By meeting the program goals this initiative aims to help with the personal and professional develop-



ment of USAFE Airmen. For more information or for help meeting advanced education goals, call the education center at 6-3211, the University of Maryland University College at 6-6367, Central Texas College at 6-8399, or Embry-Riddle Aeronautical University at 6-1098.

**Summer Sunday breakfast** — A la carte breakfast will be served at the club instead of brunch during the summer months from 9:30 a.m. to 1:30 p.m. For more information, call the club at 6-6010.

**Pet adoption** — The stray animal facility is open Saturdays from 9 to 10 a.m. for pet adoptions and donations. The shelter does not accept pets. If pets are unwanted by their owners, owners need to try and find them another home or take them to the Adana shelter. For

more information, call Staff Sgt. Caroline Wood at 6-6072 or Staff Sgt. Adena Eberhardt at 6-1164.

**Base pool** — Open swim hours are Mondays, Wednesdays and Fridays from 1 to 6 p.m., Tuesdays and Thursdays from 1 to 8 p.m., and Saturdays and Sundays from 10 a.m. to 6 p.m. Lap swim hours are Mondays through Thursdays from 6 to 7 a.m. and from 11 a.m. to 1 p.m. Pool passes are on sale at outdoor recreation. For more information, call the outdoor recreation at 6-6044.

## COMBAT & SPECIAL INTEREST PROGRAMS



## Sunday

**CYOC meets** — The Catholic Youth of the Chapel are planning a trip to the miniature golf course. For more information, call Larry Schneck at 6-5747.

## Tuesday

**Daily Mass** — Catholic Daily Mass is at the chapel in the Blessed Sacrament Room Tuesdays and Thursdays at 6 p.m. For more information, call Patty Heidlage at 6-3890.

**CMOC meeting** — Catholic Men of the Chapel meets at 7 p.m. at the chapel annex. For more information, call 6-6441.

## Upcoming

**Pilgrimage** — The chapel sponsors a pilgrimage to Antakya at the end of August. For more information or to sign up, call the chapel at 6-6441.

## Ongoing

**Opinion meters** — As part of the Customer College program, opinion meters will be

used starting in August to help measure customer service. U.S. Air Forces in Europe will determine questions and locations for consistency. For more information, call Rebecca Allen at 6-8289.

**Receive free welcome gift at the library** — Children new to Incirlik can join the library and receive a newcomer's gift bag. For more information, call the library at 6-6759.

**Combat Care car care** — While military members are deployed, spouses are entitled to free minor maintenance. For more information, call Master Sgt. Alicinne Peebles at 6-6755.

**Girl Scouts** — The Girl Scouts need volunteers to fill positions of secretary, treasurer, events coordinator, troop leaders, troop consultants, hut manager, public relations coordinator, recruiter and troop organizer. For more information or to volunteer, call April Rogers at 6-5748, 6-6321 or 0535-214-8514.

# WARRIOR OF THE WEEK



**Tech. Sgt. Eugene Core**, 39th Civil Engineer Squadron  
quality assurance evaluator

**Time in service:** 18 years

**Time on station:** Eight months

**Hometown:** Cleveland, Ohio

**Hobbies:** Fitness, Playstation II, listening to Christian music and reading

**Why did you join the Air Force?** It was the most attractive and beneficial way for me to gain independence and reach certain goals.

**What do you like most about Incirlik?** Its historical background on Christianity and the world

**How do you contribute to the air base wing's mission?** I ensure the Incirlik community receives outstanding civil engineer support from its contractors, specifically in the housing and facility maintenance areas. I'm also the Combat Proud detail leader.

**What's your favorite motto and why?** "This too shall pass" No matter how bad or good you may have it now, God has something better for you.

**What Air Force core value best describes you and why?** Excellence in all you do - Regardless of how trivial or senseless the task may seem, give it your best. This will speak highly of your integrity and commitment.

**Supervisor's quote:** "Tech. Sgt. Core puts the proud in Combat Proud," said Senior Master Sgt. Glen Pavaglio, 39th CES Quality Assurance Flight superintendent. "In addition to his regular job, Sergeant Core has worked very hard over the past four months managing the CP detail. They have produced tremendous results for Incirlik and these improvements were personally recognized by the U.S Air Forces in Europe commander and resulted in Incirlik's selection as USAFE's Most Improved Base."

help modify and improve the behavior of two dogs. Biggest problem areas are excessive barking, jumping, chewing and pulling on leash. For more information, e-mail [ssdeanda@yahoo.com](mailto:ssdeanda@yahoo.com).

**For sale:** Small entertainment center, \$20; baby crib with mattress, \$40. Call Larry at 6-5747 or e-mail [schneckster@hotmail.com](mailto:schneckster@hotmail.com).

**For sale:** Brand new microwave oven, \$30 OBO, need to sell due to PCS, can be used here and stateside. For more information, call 6-5328 or e-mail [rascal@plateautel.net](mailto:rascal@plateautel.net).

**For sale:** Transformers, like new, 300 watt, \$30; 1,000 watt, \$60; 1,600 watt, \$80. For more information, call 6-6210.

**For sale:** Sony DSC-717, 5.0 megapixel digital camera, eight months old, Carl Zeiss lens, 5x zoom, MPEG HQ. Asking \$675 OBO. For more information, call John at 6-3110 (days) and 6-5466 (nights and weekends.)

Project Wizard, a U.S. Air Forces in Europe special interest program, focuses on the opportunities to study and explore through libraries. For more information about the program or upcoming events, call the library at 6-6759.

# YOUR TURN



To submit a question for "Your Turn," call 6-6060 or e-mail [tip.sword@incirlik.af.mil](mailto:tip.sword@incirlik.af.mil)

## What do you do in your spare time?

"I study. I'm a basketball official and I study rules and interpretation of rules. There's a lot of chaos during a game and it has to be second nature."

— **Master Sgt. Keith Releford**, 39th Air Base Wing Command Post

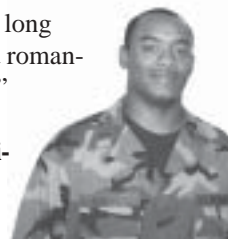


"Shop at the BX. I just got back from the states and like to spend time there." — **Kim Pardo**, Department of Defense Dependents Schools



"I like to travel, take long walks on the beach and romantic candlelight dinners."

— **2nd Lt. Alphonso Adams**, 39th Communications Squadron



"I go to the beach, read and go to the cinema."

— **Bedia Baltali**, Turkish concessionaire



"I play golf. I try to play as much as I can." — **Jay Rhea**, Army and Air Force Exchange Service



## CLASSIFIEDS

**Lost:** Gold men's link bracelet lost July 7 at the fitness center. Reward if returned. For more information, call 6-5989 or 0532-233-6924.

**Free to good home:** One-and-a-half year old female dog named Scrounge. She is blond, weighs 29 pounds, has all of her shots, an AVID chip and is spayed. She is great with other dogs, very playful and energetic. Free collar, leash, preventative heart worm, flea/tick products, food and other pet-care products. For more information, call Shanda at 6-5539, please leave a message, or e-mail [deanda.shanda@incirlik.af.mil](mailto:deanda.shanda@incirlik.af.mil).

**Wanted:** Certified dog-obedience trainer to







Photo by Senior Airman Dallas Edwards

### Mini triathlon

Jude Sorg, 39th Services Squadron, hits the pool Saturday during the mini triathlon sponsored by the Country Plains Riding Club and the 39th Medical Squadron physical therapy flight. The triathlon consisted of a 400-meter swim, 7.6-mile bike ride and a 2.2-mile run.



## AT THE MOVIES

### At the Oasis

#### Today

##### **Garfield (PG)** —

Starring Breckin Meyer and Jennifer Love Hewitt.

Garfield's owner takes in sweet but dimwitted pooch Odie, turning Garfield's world upside down. Garfield wants only one thing: Odie out of his home and life. But when Odie is kidnapped by a nasty dog trainer, Garfield, for the first time in his life, feels responsible and springs into action to help. Showing at 7 p.m. (85 minutes)

**Godsend (PG-13)** — Starring Greg Kinnear and Rebecca Romijn-Stamos. Fol-



lowing the death of their 8-year-old son, Jessie and Paul are befriended by a doctor on the forefront of stem cell research about bringing him back to life through an experimental and illegal cloning process. The experiment is successful, and Adam grows into a healthy and happy young boy until his eight birthday. Showing at 9 p.m. (102 minutes)



Showing at 7 p.m. (85 minutes)

#### Sunday

**Godsend (PG-13)** — Starring Greg Kinnear and Rebecca Romijn-Stamos. Showing at 7 p.m. (102 minutes)

#### Thursday

**Breakin' All the Rules (PG-13)** — Starring Jamie Foxx and Gabrielle Union. Showing at 7 p.m. (85 minutes)

#### Saturday

**Garfield (PG)** — Starring Breckin Meyer and Jennifer Love Hewitt. Showing at 5 p.m. (85 minutes)

**Breakin' All the Rules (PG-13)** — Starring Jamie Foxx and Gabrielle Union. Quincy gets dumped by his fiancée and writes a best-selling book advising guys to avoid heartache by breaking up with their girlfriends before they can get hurt. Quincy's cousin enlists him to break up with his girlfriend for him, but while doing so, Quincy falls for her.



### At the M1

**Spiderman 2 (PG-13)** — 12 p.m., 3 p.m., 6:45 p.m. and 9:30 p.m. (128 minutes)

**Laws of Attraction (R)** — 12:45 p.m., 3:15 p.m., 5:15 p.m., 7:15 p.m., 9:30 p.m. and 11:45 p.m. (87 minutes)

**Cabin Fever (R)** — 12:30 p.m., 2:45 p.m., 4:45 p.m., 7 p.m., 9:15 p.m. and 11:30 p.m. (95 minutes)

**Stepford Wives (R)** — 1 p.m., 3:30 p.m., 5:30 p.m., 7:30 p.m., 9:30 p.m. and 11:30 p.m. (95 minutes)

**Taking Lives (R)** — 12:15 p.m., 2:30 p.m., 4:45 p.m., 7 p.m., 9:15 p.m., and 11:30 p.m. (100 minutes)

For more information and updates, call the movie recording at 6-6986 or the theater office at 6-9140. The provision of movie information does not constitute an endorsement by the 39th Air Base Wing, U.S. government, Department of Defense or Department of the U.S. Air Force. For more information, call the theater at 6-6986.